

EYE FLOATERS & FLASHES

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☞ **Eye floaters are shapes or dots that individuals perceive in their visual field...** ☞

Eye floaters are shapes or dots that individuals perceive in their visual field, especially noticeable against plain backgrounds. These floaters can appear as dark specks, cobwebs, or strings drifting across the vision.

Floaters are caused by the movement of solidified vitreous humour within the eye. The vitreous humour is a gel-like substance that fills the eyeball and helps maintain its round shape. As we age, this gel can become more liquid and shrink, leading to the formation of floaters.

Floaters are closely related to the retina, the light-sensitive tissue lining the back of the eye. When light enters the eye, it passes through the vitreous humour before reaching the retina. Floaters cast shadows on the retina, resulting in the perception of these shapes or spots in our vision.



Common Causes Of Floaters & Flashes

Aging

Aging is a primary factor leading to the development of eye floaters. As individuals age, the vitreous humour inside the eye undergoes changes, becoming more liquid. This natural aging process causes the vitreous gel to shrink and form strands or clumps that cast shadows on the retina, resulting in the perception of floaters.

Posterior Vitreous Detachment

Posterior vitreous detachment is another common cause of eye floaters. It occurs when the vitreous gel separates from the retina, creating tiny protein strands that float in the eye. These strands can be seen as shadows on the retina, manifesting as floaters in the individual's field of vision.

Other Potential Causes

In addition to aging and posterior vitreous detachment, other factors can contribute to the appearance of eye floaters. Eye injuries, such as blunt force trauma or surgeries, can result in the release of blood or debris into the vitreous humour, leading to the formation of floaters. Furthermore, inflammatory conditions, such as uveitis or retinitis, can also cause an increase in floaters due to the presence of inflammatory cells or debris in the eye.



Floaters are common occurrences as individuals age, typically appearing as tiny specks or cobwebs drifting in their field of vision.

Despite being bothersome, especially when noticeable against bright backgrounds, they rarely require treatment.

Regular eye check-ups are crucial for monitoring any changes in floaters over time. While floaters are usually harmless, sudden onset of numerous floaters or flashes of light could indicate a more serious condition like retinal detachment, requiring immediate medical attention.



What Are Visual Flashes

Visual flashes are brief bursts of light that individuals perceive in their visual field. These flashes are often described as sudden, temporary bright spots or streaks.

Flashes are commonly associated with eye floaters. The presence of flashes alongside floaters can indicate changes in the eye's structure.

The intensity and duration of visual flashes can vary among individuals. Some may experience fleeting flashes that come and go quickly, while others might have more persistent flashes that last for longer periods. These variations can impact an individual's overall visual experience.



Causes of Visual Flashes

Retinal Tension

Retinal tension or irritation often serves as a primary cause of visual flashes. When the retina, the light-sensitive tissue at the back of the eye, experiences tension or stress, it can trigger the perception of sudden flashes of light. This phenomenon occurs due to various reasons such as aging, underlying health conditions, or eye trauma.

Posterior Vitreous Detachment

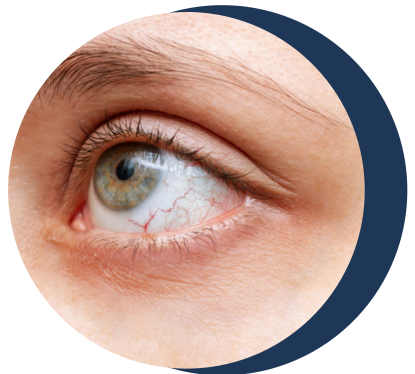
Similar to floaters, PVD also can lead to visual flashes. When the vitreous gel inside the eye separates from the retina, it can stimulate the retina, causing individuals to perceive occasional flashes or momentary bursts of light. Although PVD is typically a natural part of aging, it can sometimes lead to more severe vision changes if not monitored closely.

Other Contributing Factors

Several other factors may contribute to experiencing visual flashes. For instance, individuals who suffer from migraines often report seeing flashes or flashing lights before or during a headache.



Eye trauma, such as a blow to the head or direct injury to the eye, can also result in the perception of light flashes. In some cases, these flashes may be accompanied by floaters.





Treatment Options For Flashes & Floaters

Observation

For frequent floaters and flashes, observation is often the initial approach in managing these visual disturbances. Patients are advised to monitor changes in the size, shape, or frequency of floaters and flashes.

Surgical Interventions

In cases where floaters and flashes significantly impact daily life or vision, surgical options like vitrectomy may be considered. This procedure involves removing the vitreous gel in the eye, along with the floating particles causing the visual disruptions. While effective, vitrectomy is typically reserved for severe cases due to its invasive nature and potential risks.

Lifestyle Adjustments & Eye Health Practices

Aside from medical interventions, maintaining a healthy diet rich in antioxidants and staying hydrated can support overall eye health. Avoiding prolonged exposure to screens and bright lights can help reduce eye strain and potentially lessen the perception of floaters.



Eye floaters and flashes are common occurrences that, most of the time, do not indicate a severe issue. However, being aware of their causes and understanding when they might signal a more critical condition is crucial.

Remember, your eyes are precious; any changes in your vision should be monitored closely. If you experience an increase in floaters or flashes, contact your optometrist promptly

Floaters



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Seeing Floaters | EXPLAINED



Watch Our Video:
Dr. D'Orio Symptoms | Seeing Floaters

Flashes



Watch Our Video:
Flashing Lights | EXPLAINED

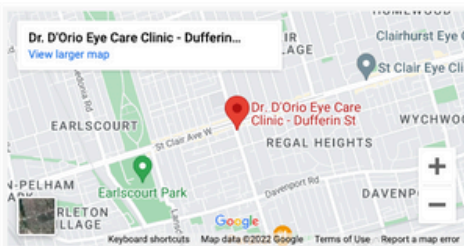


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